



ARE YOU:

- A Front Line Healthcare Worker?
- A First Responder?
- Staff in a Long-Term Care or Assisted Living Setting?

ARE YOU feeling overwhelmed by the COVID-19 pandemic?

There is **FREE, CONFIDENTIAL PHONE SUPPORT** available 7 days a week.

Call 207-221-8196 or Text "Frontline" to 898-211
to connect with support 8am-8pm 7 days/wk

“It is okay to not be okay.
Please reach out, talk to
someone, get support.”

**Interpreter
services
available**

Dr. Nirav Shah,
Director, Maine CDC,
4/24/20

These services are **NOT THERAPY**. They are **NOT TREATMENT**. Speak with a healthcare professional trained in Psychological First Aid to help you manage stressors during the COVID-19 Pandemic. The Maine FrontLine WarmLine will be available until further notice.

The following have joined forces to support Maine's Front Line and First Responder community: The Maine Department of Health and Human Services, including the Office of Behavioral Health and Center for Disease Control and Prevention's Disaster Behavioral Health and Maine Responds programs; The Maine Association of Psychiatric Physicians, The Opportunity Alliance; Maine Department of Public Safety, Maine Emergency Medical Services, The Maine Psychological Association, the Maine Chapter of the National Association of Social Workers.

For more information on Crisis and Treatment resources go to: <https://www.maine.gov/dhhs/samhs/coronavirus.shtml>